

July 2026

Mystic Valley Elder Services

City Fresh Chilled HDM

Monday		Tuesday		Wednesday		Thursday		Friday	
				1		2	July 4th Special	3	
				Hot Dog Baked Beans Brussel Sprouts Wheat Hot Dog Bun Fruit Cup Ketchup Calories 862 Sodium 1006	540 140 26 85 0 80	Grilled Chicken Thigh Corn California Blend Vegetables Wheat Roll Chocolate Brownie Cookie Calories 732 Sodium 544	90 20 34 150 115	Holiday No Meals	
6		7		8		9		10	
BBQ Pulled Pork Butternut Squash Beets & Greens Dinner Roll Pear Cup Calories 770 Sodium 716	350 12 117 100 2	Beef w/ Onions & Peppers White Rice Mixed Vegetables Dinner Roll Fresh Orange Calories 840 Sodium 443	132 25 51 100 0	Three Bean Chicken Chili w/ Shredded cheese Green Beans & Red Peppers Whole Grain Cornbread Bowl Vanilla Pudding Calories 887 Sodium 971	430 96 20 160 130	Torta di Polenta (Pork Sausage & Beef) Polenta w/ Cheese Kale & Peppers Hawaiian Roll Craisins Calories 864 Sodium 739	493 - - 29 80 2	Seafood Cajun Pasta Whole Grain Pasta Broccoli Wheat Bread Oatmeal Cookie Calories 707 Sodium 832	500 4 38 65 90
13		14		15		16		17	
Chicken Saltimboca (chicken thigh, sliced ham) Mashed Potatoes Carrots Wheat Roll Applesauce Calories 697 Sodium 747	381 23 56 150 2	Creamy Turkey & Spinach Orzo Broccoli Wheat Bread Pear Cup Calories 772 Sodium 579	335 4 38 65 2	Stewed Tomato Chicken Drumstick White Rice Mixed Root Vegetables Whole Grain Cornbread Loaf Blueberry Bread Calories 1019 Sodium 870	215 25 65 180 250	Honey Glazed Salmon Roasted Sweet Potatoes California Blend Vegetables Dinner Roll Banana Calories 740 Sodium 361	70 21 34 100 1	Sloppy Joe Potato Wedges Carrots Wheat Hamburger Bun Chocolate Pudding Ketchup Calories 778 Sodium 616	115 20 56 75 135 80
20		21		22	High Sodium Meal	23		24	
Cheesy Chicken & Rice Casserole Seasoned Rice Mixed Vegetables Wheat Roll Mandarin Fruit Cup Calories 850 Sodium 921	555 25 51 150 5	Beef Stew Whole Grain Buttermilk Biscuit Green Peas & Red Peppers Pound Cake Calories 845 Sodium 967	150 370 72 240	Hot Ham & Cheese Sandwich Whole Grain Croissant Sweet Potato Tater Tots Brussel Sprouts Apple Mustard Calories 767 Sodium 1351	744 190 200 26 1 55	Whole Grain Cheese Ravioli w/ Beef Bolognese & Parmesan Kale & Red Peppers Wheat Roll Vanilla Pudding Calories 775 Sodium 936	200 295 26 150 130	Chicken Alfredo Whole Grain Pasta California Blend Vegetables Wheat Roll Peach Cup Calories 676 Sodium 938	610 4 34 150 5
27		28		29		30		31	
Shrimp & Grits Cheesy Grits Broccoli Cornbread Loaf Mandarin Fruit Cup Calories 695 Sodium 945	515 72 38 180 5	Chicken Cacciatore Tortellini Green Beans & Red Peppers Wheat Bread Blueberry Crisp Calories 845 Sodium 813	385 175 21 65 32	White Fish Picatta Rice Pilaf Carrots Dinner Roll Orange Calories 727 Sodium 727	388 50 54 100 0	Pot Roast w/ Brown Gravy Roasted Sweet Potatoes Brussel Sprouts Cornbread Loaf Pear Calories 690 Sodium 951	585 25 26 180 0	Tuscan Chicken Rice Pilaf Broccoli Wheat Roll Chocolate Chip Cookie Calories 854 Sodium 856	403 50 38 150 80

To cancel your meal please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303

Menu Subject to change. Totals Include 110mg sodium for milk and 30 mg sodium for Margarine. Individual Sodium amount listed.